

# Group Exercise and SilverSneakers®

## December 2014

Most group exercise classes are free for TLRC members. Membership is NOT required to join a class; however, registration fees apply. For more information, visit the TLRC front desk or [bloomington.in.gov/TLRC](http://bloomington.in.gov/TLRC).

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>8:30 a.m.</b>	SilverSneakers® Circuit		SilverSneakers® Circuit	Nia®		
<b>9 a.m.</b>						Yoga Core*
<b>9:30 a.m.</b>	Turf Time for Toddlers* SilverSneakers® Classic Volleyball*	SilverSneakers® Circuit Volleyball*	Turf Time for Toddlers* SilverSneakers® Classic Volleyball*	SilverSneakers® Circuit Volleyball*	Volleyball*	Cardio X-Train*
<b>10 a.m.</b>	Pickleball*		Pickleball*		Pickleball*	
<b>10:30 a.m.</b>	SilverSneakers® Yoga	SilverSneakers® Classic	SilverSneakers® Yoga	SilverSneakers® Classic		
<b>5:30 p.m.</b>	Nia®	Joyful Hoops*	20/20/20*			
<b>6:30 p.m.</b>	Yoga ZUMBA®*	Kickboxing* Pilates	Beginning Yoga*	Cardio Core* ZUMBA®*		
<b>7:30 p.m.</b>		Core Essentials*		Healthy Back*		

\*These classes are FREE for Twin Lakes Recreation Center members!

### SPECIAL EVENTS

#### Bring a Buddy Day:

First Thursday of each month. Bring a friend to work out for FREE!



#### SilverSneakers® Lunch

December 15  
10:30 a.m.

*SilverSneakers® Yoga does not meet on this date.*



#### Group Exercise Winter Session I trial week

Try a class for free January 5–10. Registration opens December 6.



1700 W. Bloomfield Rd.  
812-349-3720

#### Hours:

Mon.–Fri. 5 a.m.–10 p.m.  
Sat.–Sun. 7 a.m.–10 p.m.

#### Holiday hours:

December 24: Open 7 a.m.–1 p.m.  
December 25: Closed  
December 31: Open 7 a.m.–1 p.m.



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Twin Lakes Recreation Center

**[bloomington.in.gov/TLRC](http://bloomington.in.gov/TLRC)**

# Free, Ongoing Programs for Adults (ages 50 yrs. and up) December 2014

The Lower Level is only open Monday–Friday from 8 a.m.–3 p.m.  
It is closed Saturday and Sunday except for reservations and scheduled activities.

Participation in these programs is free and TLRC membership is not required.  
For more information about programs and services for adults call 812-349-3727.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9 a.m.</b>	Steady Steppers		Steady Steppers		Steady Steppers
<b>9:30 a.m.</b>		Lap Quilting			
<b>10:30 a.m.</b>	Drop-in Bridge	Euchre	Drop-in Bridge		Euchre
<b>11:45 a.m.</b>			Tai Chi Qigong		
<b>noon</b>	Mahjong				
<b>1 p.m.</b>	Bingo		Bingo		
<b>1:30 p.m.</b>			International Folk Dance		Advanced German
<b>2 p.m.</b>	Bunco		Bunco		

## SPECIAL EVENTS

### Legal Counseling

December 1 • 3 p.m.  
by Atty. Tom Bunger  
Call 812-349-3727 to register.

### Birthday Celebration by Meadowood

First Wednesday of each  
month at 12:45 p.m.

### Breakfast Bash

December 18 • 8:30 a.m.

Registration required. Call 812-349-3727 to register.

Sponsored by  Indiana University Health

To find out more about SilverSneakers®, the nation's leading exercise program  
designed exclusively for older adults, inquire at the front desk.

### Hours:

Mon.–Fri. 5 a.m.–10 p.m.

Sat.–Sun. 7 a.m.–10 p.m.

### Holiday hours:

December 24: Open 7 a.m.–1 p.m.

but Lower Level is closed.

December 25: Closed

December 31: Open 7 a.m.–1 p.m.

but Lower Level is closed.



**TWIN LAKES  
RECREATION  
CENTER**  
CITY OF BLOOMINGTON  
PARKS AND RECREATION

1700 W. Bloomfield Rd.  
812-349-3720



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